

The Facts on 5-9

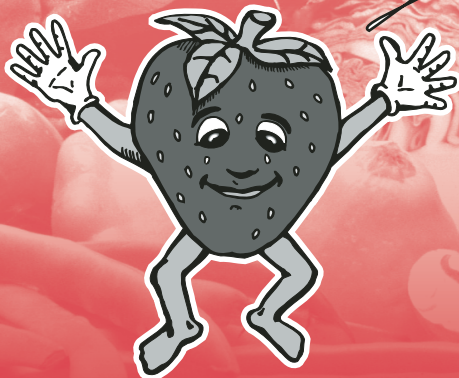
There are lots of good reasons for choosing fruits and vegetables. You probably already know that fruits and vegetables:

- taste great
- are low in calories and fat
- are high in vitamins, minerals and fiber

Did you know?

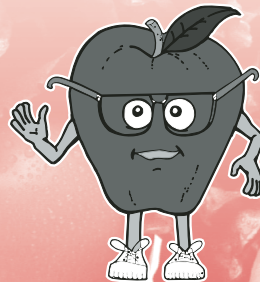
- Eating lots of fruits and vegetables as part of a low-fat, high-fiber diet may reduce cancer risk.
- Fruits and vegetables are the original FAST and EASY food.

Eating at least 5-9 servings of fruits and vegetables everyday is important to keep you healthy.



Mix it up! Variety is the key to 5-9 A Day success.

- Eat at least one vitamin A rich selection every day (turnip greens, cantaloupe).
- Eat at least one vitamin C rich selection every day (oranges, grapefruit, red and green peppers).
- Eat at least one high-in-fiber selection every day (pinto beans, apple with skin).
- Eat vegetables from the cabbage family several times a week (collard greens, cauliflower).



South Carolina Department of Health
and Environmental Control

Bureau of Community Health and
Chronic Disease Prevention

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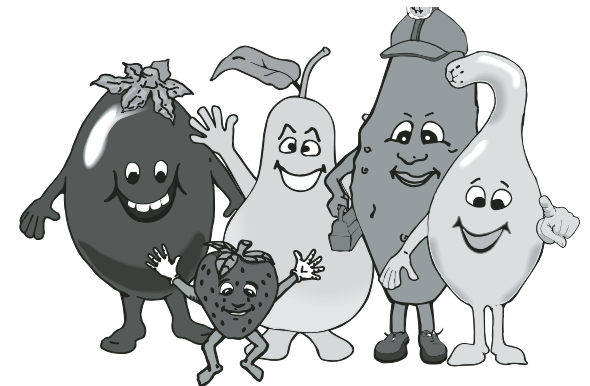


Win the 5-9 a day

Challenge



EAT 5 to 9 A DAY
for better health








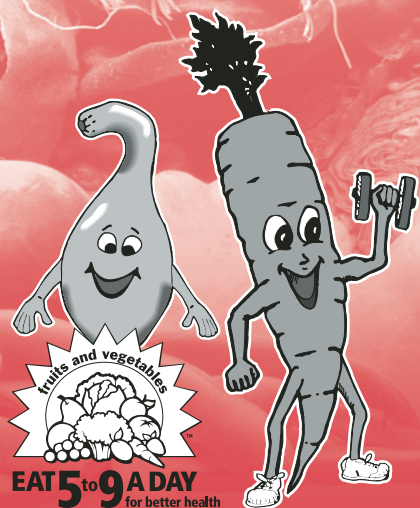
We're Counting on you!



What's a serving of fruits and vegetables?

One serving =

-  1 medium fruit
-  1/2 cup of cut-up fruit
-  1 cup of 100 percent fruit or vegetable juice
-  1/4 cup dried fruit
-  1/2 cup raw or cooked vegetables
-  1 cup raw leafy or cooked vegetables (lettuce, spinach)
-  1/2 cup cooked beans or peas (chick peas, pinto beans, black beans)



Count your way to 5-9 A Day!

Write in the fruit or vegetable each time you eat one serving. By the end of the week, you'll be a 5-9 A Day pro!



		Days						
		Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Servings	1							
	2							
	3							
	4							
	5							
	6							
	7							
	8							
	9							

Count up servings every day and you'll be on your way to 5-9 A Day!